

By Land & By Sea - McAllister County Park Now Accessible to All



My daughter and I during a beach cleanup of Port Jefferson harbor at Pirates Cove in McAllister County Park.

For the first time in its nearly 40 year history, McAllister County Park in Belle Terre now offers limited onsite parking for visitors. Once only accessible by boat, recent improvements to the 113 acre harbor-side park now make accommodations for up to six vehicles in designated spaces along Anchorage Road.

McAllister County Park is open from dawn to dusk seven days a week. Parking spaces are on a first come basis, and visitors are reminded to only park in designated spots. Vehicles parked in unauthorized areas are subject to ticketing by local authorities.

Hiking Trail Proposed for Stony Brook Park



The April 2012 ribbon cutting for the Nora Bredes Preserve at Forsythe Meadow County Park in Stony Brook.

The Suffolk County Parks Department will soon finalize a walking/hiking trail at Forsythe Meadow County Park's Nora Bredes Preserve for residents who wish to enjoy the natural beauty of *Stony Brook's Last Forrest*.

The proposed trail is the final piece of a multi-phase access improvement project at the 36 acre County Park and Preserve. Once completed, the trail project combined previous improvements that added limited parking and split-rail fencing that better identifies park boundaries, will provide visitors with both access to the preserve and passive activities within its confines.

Park visitors will enjoy a variety of terrains and hiking experiences. The mile long path will traverse two scenic meadows, natural bramble habitats, a large mature treed forest valley and a small patch of invasive bamboo that dates back to the 19XX's. During the colder months, when the trees go bare, hikers will be treated to a spectacular view of Stony Brook Harbor beyond the historic Post Office and village center.

Healthier Food Options at Suffolk County Parks

I have introduced a bill that, if adopted, will give consumers additional, healthier food choices at concession stands and vending machines within all County owned facilities. <u>Introductory Resolution 1096-2014</u>, currently being considered by the Legislature's Health Committee, seeks to make more nutritious menu items available at County parks and buildings that give customers more locally grown, fresh and lower calorie food options.

2014 Community Meeting Series Schedule Set



A gathering at Comsewogue High School officially kicked-off the 2014 Community Meeting Series. These participant oriented gatherings are intended to provide residents with an opportunity to share their thoughts about Suffolk County and community related issues directly with their Legislator.

Three additional meeting are scheduled to be held throughout the District, so all residents are encouraged to attend one of the remaining forums:

Tuesday April 22nd -7PM

Setauket Elementary School "B Wing" Conference Room 134 Main Street Setauket

Tuesday May 27th - 7PM

Earl Vandermeulen High School Library 350 Old Post Road Port Jefferson

Tuesday May 6th – 7PM

R.C. Murphy Junior High School Library 351 Oxhead Road Stony Brook

I want to hear from residents across this district on the issues that concern them and what they ultimately want the future of our community to be. I want to hear from all of you, so I can best represent your interests everyday as your Legislator.

2014 Friends of Karen Walk/Run Fundraiser

Friends of Karen will hold its annual Walk/Run during two separate events in May:

5K Walk/Run

Saturday, May 3, 2014 Mitchel Athletic Complex Uniondale

10K Half & Full Marathon

Sunday, May 4, 2014 Eisenhower Park East Meadow This not-for-profit organization provides emotional, financial and advocacy support for children with life threatening illnesses and their families in order to keep them stable, functioning and able to cope. The organization has helped more than 12,400 children in the New York tri-state region.

Friends of Karen began in 1978 when family friends came to the aid of a couple and their 16-year-old daughter, Karen, who was terminally ill. A fundraising campaign for medical and other costs enabled Karen to spend her precious last days at home surrounded by loving family and friends. More than 35 years later, Friends of Karen has expanded to a tri-state children's charity that serves children from birth to 21 who are diagnosed with cancer or another life-threatening illness. Last year, 1,375 children benefitted from Friends of Karen's services.

Don't pass up this wonderful opportunity to help Friends of Karen in their efforts. For a brochure and donor/sponsor opportunities, please contact Patricia at patriciaconway@friendsofkaren.org or 631.473.1768 ext. 303.

Our Community - In Photos

Sworn-in for a Second Term



During the Legislature's Organizational Meeting on January 2nd, I was sworn in to a second term, taking the oath of office to be your representative in Suffolk County Government for the next two years. I look forward to continuing our work together for the betterment of this community.

A Modern Day Barn Raising



To the generations, the Crawford Barn has become a monument to our community's agrarian roots, and its fates have echoed those of our ever evolving society. As such, the Historical Society's work to repurpose this structure for future generations is a fitting testament to our community's intrinsic preservationist spirit.

New report raises concerns over Nitrogen



The report issued today highlights the reality that we are at a critical moment in the health of our water resources and for the continued viability of Long Island as a region. We won't allow aging septic tanks and rising sea levels to destroy our way of life. We must act now with utmost urgency to address the critical issue necessary to sustain Suffolk's water for future generations. It's been 30 years since the last water quality report was issued in 1987 and we don't have 30 years to get this right. We have to turn this around now.

Overdose Prevention Program Expanded



County Executive Steve Bellone and I joined NY Attorney General Eric T. Schneiderman as he announced details of the Community Overdose Prevention (COP) program, which will equip all police officers and EMT's in New York State with naloxone, an opioid overdose reversal drug, and train them to recognize the symptoms of an opioid overdose and administer the antidote. The program is based upon the successes that Suffolk County has had in reducing overdose deaths by providing Narcan to officers through legislation that I sponsored.

Recognizing New Eagle Scouts Bill Carson and James Gannon



I recently had the honor of recognizing new Eagle Scout Bill Carson on his achievement during his Eagle Court of Honor held at the Setauket Fire



I joined the family and friends of new Eagle Scout James Gannon during his Court of Honor. For his community service project, James planned, raised

House. For his community service project, the Troop 427 Eagle raised funds and constructed three bat houses in the wetlands of West Meadow Beach. The 18-foot tall posts are designed to bolster the native bat population of the Setauket area.

funds and constructed a bench within a garden that he beautified on the grounds of Good Shepherd Hospice in Port Jefferson. The garden that James erected surrounded a recently installed stain-glass window.

WMHS Sports Legend Honored



Former Ward Melville High School football and lacrosse player Brendan Cody was posthumously honored for his contribution to the school's athletic programs during the Patriots' April 5, 2014 home game. Cody helped lead the Ward Melville Patriots to two state titles and earned the most valuable player award in 1988. In 2003, Cody was inducted into the Ward Melville Athletic Hall of Fame in recognition of his achievements locally, and during his time at Nassau Community and Johns Hopkins.

Elementary School's Guest Reader



Second grade students at Setauket Elementary School recently welcomed me as a guest reader. I had the pleasure of reading 'Amelia Bedelia's First Vote', written by Herman Parish and illustrated by Lynne Avril, to the attentive students and am hopeful that book's important message of civic involvement was impressed on all of them.

SBU Student is Gates-Cambridge Scholar



"I am thrilled to be able to recognize such a fabulous young woman. I'm a Social Worker, I am here because I am committed to making a difference in people's lives. Neha has committed to giving back to needy communities and improve the lives of others and has distinguished herself as a future global leader. This extraordinarily prestigious Gates-Cambridge award is testament to Neha's actions and achievements. The Stony Brook Community is proud to have you in our midst."

Expanded Care for Burn Victims



I was on hand for the expanded Suffolk County Volunteers Firefighters Burn Center's ribbon cutting. A multi-million dollar expansion of the Suffolk County Volunteers Firefighters Burn Center from 5,600 to 7,200 square will help ensure that both firefighter and civilian burn victims will receive state of the art burn care should it be required.



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